

“An Evidence based Individualistic Homoeopathic Approach in A Case of Urolithiasis”: A Case Report

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Abstract: *Urinary stones are one of the most common renal problems, affecting about 5% of the world population and about 12.7% of human population in India. Homoeopathy can help in urolithiasis, it is evident from this case of a female age 22 years who was suffering from urolithiasis and treated with in 1 year with Homoeopathic similinum which was selected on the basis of individualisation. Normal USG report and relief in pain with mental calmness of patient shows effectiveness of homoeopathic medicines.*

Keywords: Homoeopathy, Urolithiasis, Individualisation

1. Introduction

Urolithiasis is a term originated from three Greek words, “ouron” for urine, “oros” for flow, and “lithos” for stone. It is the process of forming stones in the kidney, ureters, bladder and urethra. It is considered to be one of the most common urological disorders all over the world ^[1]. It is estimated that approximately 2% of the population experiences renal stone disease at some time in their life with male-female ratio of 2: 1. The peak incidence is observed in 2nd and 3rd decade of life. Calcium salts, uric acid, cysteine and struvite are the basic constituents of most kidney stones. ^[2]. Homoeopathy recognizes man as the multi-dimensional composite entity where mind, body and spirit are viewed as an indivisible entity and union. ^[3]

2. Material and Method

Case: A 22 years old girl reported to the outpatient department (OPD) of Solan Homoeopathic medical college and hospital Kumarhatti, (H. P.) on 21/08/2021, came with complaint of dull pain in left renal angle on and off since 2 months.

History of present complaint: Patient was apparently well 2 months back. Since 2 months she used to have dull pain in left renal angle on and off. She used to take allopathic pain

killer medicines whenever she got attacks of pain. She also got the same pain 21/08/2021, but the severity of pain was more and on USG, small renal calculi were detected. So she visited to SHMC&H for treatment.

Past history: Patient had history of jaundice at the age of 9 years and eczema at the age of 12 years.

Medicinal history: Taken allopathic pain killer medicines.

Family history: Family history revealed Psoriasis in her father and hypothyroidism in her mother.

Physical generals: She has difficulty in tolerating hot weather. She drinks 6-7 glasses of water per day. Her appetite is good. She has desire for sweets. Urine and bowel habits are normal. She doesn't like hot drinks. She can't bear high neck dresses due to suffocative feeling from such kind of dresses. She has recurrent epistaxis from left nose.

Mental generals: She is an extrovert girl. She has an elder sister and parents in her family. She feels very much jealous to her elder sister as she is good in studies and parents always praise her.

Diagnosis: Urolithiasis.

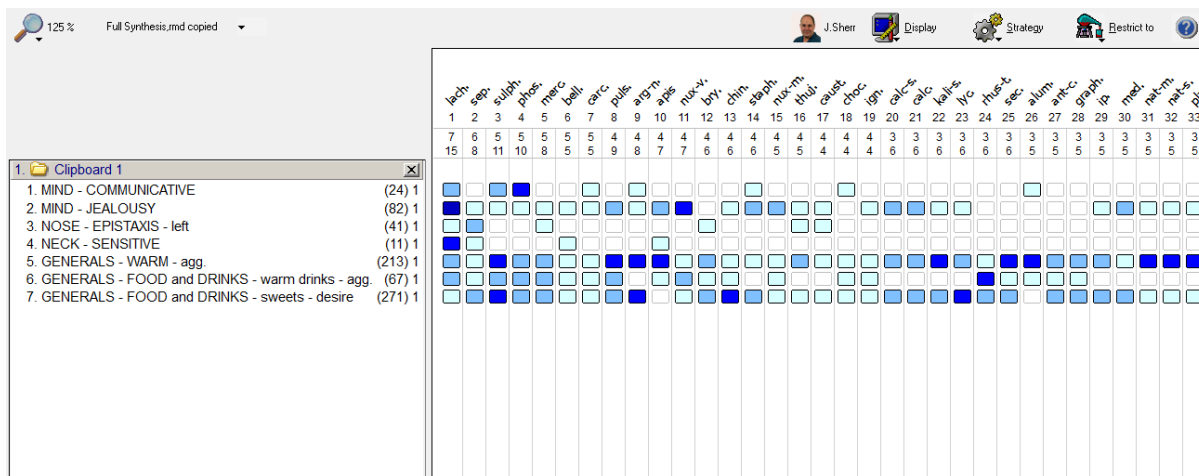
3. Analysis and Evaluation of Symptoms

S. No.	Symptoms	MG/PG/Particulars	Intensity
1.	Approaching	MG	++
2.	Jealousy	MG	+++
3.	Difficulty in tolerating hot weather	PG	+++
4.	Desire for sweets	PG	++
5.	Hot drinks aggravates	PG	++
6.	Neck sensitive	Particular	++
7.	Bleeding from left nostril	Particular	++

Repertorial totality:

S. No.	Symptoms	Chapter/Rubrics
1.	Approaching	Mind-Communicative
2.	Jealousy	Mind-Jealousy
3.	Bleeding from left nostril	NOSE-EPISTAXIS-Left
4.	Neck sensitive	Neck-Sensitive
5.	Difficulty in tolerating hot weather	Generals-Warm-agg.
6.	Warm drinks aggravate	Generals – Food and Drinks-warm drinks-agg.
7.	Desire for sweets	Generals – Food and Drinks-sweets–desire

Repertorial sheet:



Repertorial analysis: [4]

S. No.	Remedies and Their Relative Values
1.	Lachesis 15/7
2.	Sepia 8/6
3.	Sulphur 11/5
4.	Phosphorus 10/5

The remedy: Lachesis 200-single dose, placebo30-bd/7 days.

Medicine was selected after analysing the detailed case history of patient and on the basis of presenting totality of symptoms using (synthesis repertory) with the help of RADAR version-10 software. Lachesis has covered all rubrics and score higher among all remedies. Lachesis was found to be most appropriate for this case covering general, including physical and mental picture as well as thermal

reaction. Remedy is again confirmed with reference from materia medica. The points considered in confirming the remedy from various texts are as follows:

- Throat sensitive to slight touch and pressure of clothes. [5]
- Great loquacity and jealousy. [6]
- Aggravation by hot drinks. [7]
- Nosebleed; blood thick, black [8]

The potency was selected according to the susceptibility of the patient. Single dose of Lachesis is given to avoid unnecessary aggravation as has been said in aphorism 278 that only true experience is the best guide for a physician to know how much small a dose should be in order to bring upon a cure without causing unnecessary aggravation of the disease. [8]

Follow up:

Follow-up date	Symptoms	Medicine, potency, doses
29/08/2021	Pain at left renal angle slight better	Placebo 30-bd/ 30days
29/09/2021	Pain at left renal angle better	Placebo 30-bd/ 30 days
30/10/2021	Pain at left renal angle better	Placebo 30-bd/ 30 days
29/11/2021	Pain at left renal angle better	Placebo 30-bd/ 30 days
30/12/2021	Burning urination, slight pain at renal angle. ADV; USG	Placebo 30-bd/ 30 days
30/01/2021	Pain at renal angle better. burning while urination absent	Placebo 30-bd/ 30 days
29/02/2022	No pain and burning	Placebo 30-bd/ 30 days
28/03/2022	No pain and burning	Placebo 30-bd/ 30 days
30/04/2022	No pain and burning	Placebo 30-bd/ 30 days
27/05/2022	No pain and burning	Placebo 30-bd/ 30 days

30/06/2022	No pain and burning	Placebo 30-bd/ 30 days
29/07/2022	Burning while urination ADV; USG	Placebo 30-bd/ 30 days
29/08/2022	No pain and burning.	Placebo 30-bd/ 30 days
30/09/2022	USG (06/09/2022)-suggest normal study	Placebo 30-bd/ 30 days

Investigation:

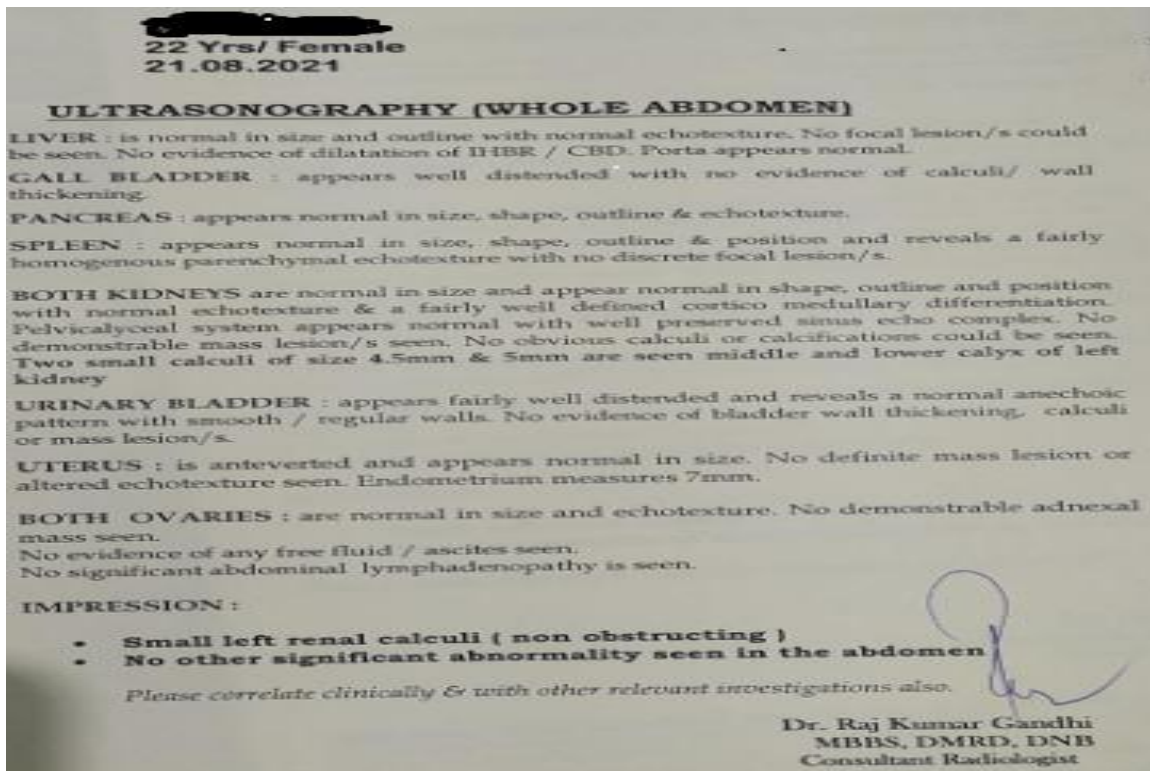


Figure 1: USG before treatment

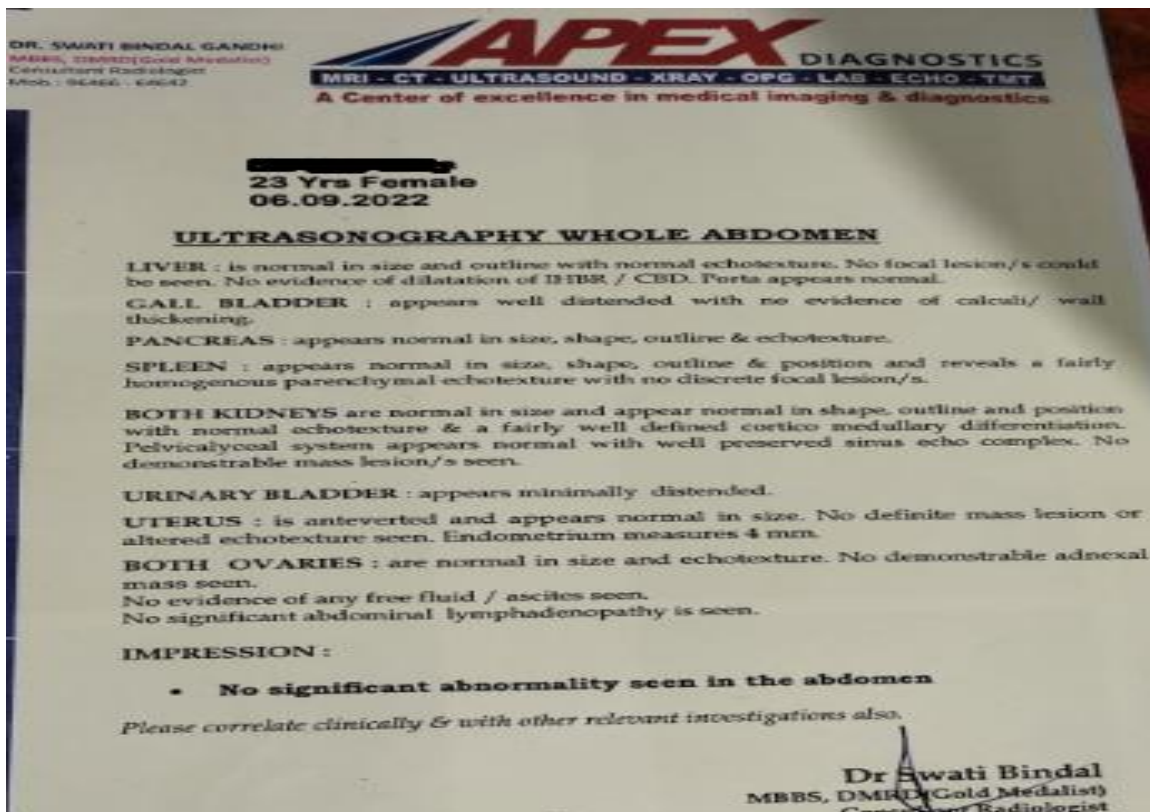


Figure 2: USG after treatment

4. Result and Discussion

In this case, patient first visited on date 21/08/2021 with symptoms of pain in the left renal angle and an USG report of the same day showing two small calculi of size 4.5mm & 5mm. So the diagnosis of urolithiasis was confirmed. Homoeopathic medicine Lachesis 200 single dose was prescribed on the basis symptoms similarity and constitutional basis with reference to materia medica. On 06/09/2022 patient comes with a USG report which shows normal study.

Homoeopathy considers patients as a whole and constitutional medicines are suggested rather than the disease specific remedies. Homoeopathy acts dynamically on the medium of the sentient faculty of the nerves and induces our body to regulate the hormonal imbalance and brings back the perfect equilibrium of health. [9] Homoeopathy considers patients as a whole and constitutional medicines are suggested rather than the disease specific remedies. [10]

5. Conclusion

Homoeopathy has opened new vistas in the field of clinical research in urolithiasis. Early recognition and proper treatment of urolithiasis is important to prevent long term sequelae.

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